

Full Report (All Nutrients) 45107549, ZATARAIN'S, CREAMY CAJUN-STYLE PASTA, UPC: 071429012035

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Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer Zatarain's Inc.

| Nutrient                       | Unit | Data points | Std. Error | 340.0 g<br>340g | 1<br>Value<br>Per100 g |
|--------------------------------|------|-------------|------------|-----------------|------------------------|
| <b>Proximates</b>              |      |             |            |                 |                        |
| Energy                         | kcal | --          | --         | 439             | 129                    |
| Protein                        | g    | --          | --         | 22.98           | 6.76                   |
| Total lipid (fat)              | g    | --          | --         | 12.99           | 3.82                   |
| Carbohydrate, by difference    | g    | --          | --         | 56.98           | 16.76                  |
| Fiber, total dietary           | g    | --          | --         | 2.0             | 0.6                    |
| Sugars, total                  | g    | --          | --         | 12.00           | 3.53                   |
| <b>Minerals</b>                |      |             |            |                 |                        |
| Calcium, Ca                    | mg   | --          | --         | 201             | 59                     |
| Iron, Fe                       | mg   | --          | --         | 2.69            | 0.79                   |
| Sodium, Na                     | mg   | --          | --         | 768             | 226                    |
| <b>Vitamins</b>                |      |             |            |                 |                        |
| Vitamin C, total ascorbic acid | mg   | --          | --         | 1.4             | 0.4                    |
| Vitamin A, IU                  | IU   | --          | --         | 1000            | 294                    |
| <b>Lipids</b>                  |      |             |            |                 |                        |
| Fatty acids, total saturated   | g    | --          | --         | 7.004           | 2.060                  |
| Fatty acids, total trans       | g    | --          | --         | 0.000           | 0.000                  |
| Cholesterol                    | mg   | --          | --         | 51              | 15                     |

Amino Acids

Other

**Ingredients**  
COOKED ENRICHED ROTINI PASTA (WATER, ENRICHED SEMOLINA [DURUM WHEAT SEMOLINA, NIACIN, IRON SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID]), WATER, COOKED GRILL-MARKED CHICKEN BREAST STRIPS WITH RIB MEAT (CHICKEN BREAST WITH RIB MEAT, WATER, MODIFIED FOOD STARCH, SALT, SODIUM PHOSPHATE), HALF AND HALF (MILK, CREAM), SWEET DAIRY WHEY, CHEESE FLAVORS (A DEHYDRATED BLEND OF PARMESAN AND ROMANO CHEESES [PART-SKIM COW'S MILK, CHEESE CULTURE, SALT, ENZYMES], WHEY, BUTTERMILK SOLIDS, PARTIALLY HYDROGENATED SOYBEAN OIL, SODIUM PHOSPHATE, SALT), CREAM CHEESE (PASTEURIZED MILK AND CREAM, CHEESE CULTURE, SALT, CAROB

BEAN GUM), HEAVY CREAM SAUCE (SHORTENING POWDER [SOYBEAN OIL, CORN SYRUP SOLIDS, SODIUM CASEINATE, MONO & DIGLYCERIDES], CORN MALTODEXTRIN, SWEET CREAM SOLIDS, SALT, SUGAR, GARLIC POWDER, LEMON JUICE POWDER [CORN SYRUP SOLIDS, LEMON JUICE, LEMON OIL], NATURAL BUTTER FLAVOR), MARGARINE (LIQUID AND HYDROGENATED SOYBEAN OIL, WATER, SALT, VEGETABLE MONO AND DIGLYCERIDES, SOY LECITHIN, NATURAL AND ARTIFICIAL FLAVOR, BETA CAROTENE [COLOR], VITAMIN A PALMITATE ADDED), DRY BUTTERMILK, GREEN ONIONS, STABILIZER (CORN STARCH, GUM ARABIC, XANTHAN GUM, GUAR GUM), NONFAT MILK SOLIDS (NONFAT MILK, WHEY SOLIDS [LACTOSE], VITAMIN A AND D3), PAPRIKA, CHILI POWDER (CHILI PEPPERS, SPICES, SALT, GARLIC POWDER), CORN MALTODEXTRIN, YEAST EXTRACT, SEA SALT, GRANULATED GARLIC, PARSLEY FLAKES, SPICES, DEXTROSE, GRANULATED ONION, SUGAR. *Date Last Updated by Company: 05/16/2016*